

**Management of Pediatric Health in Primary Care:
Asking the Hard Questions: How to Effectively Assess for and Provide Brief
Interventions for Substance Use/Abuse, Risky Behaviors, and Mental Health
Concerns in Adolescents**

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Access and Attendance Process

1. **First Time Users:** Register at <https://cpd.education.bcm.edu/> and Verify Phone Number
2. Register for link to access the presentation: <https://forms.office.com/r/FS6YDZXU0g>

Overview: Pediatricians and primary care providers (PCPs) are the first-line clinicians for children, adolescents, and young adults. The prevalence of psychiatric disorders within this population is high, with depression, anxiety and ADHD being most common. The morbidity and mortality of these disorders is significant; however, they remain under-treated. Given the limitations of referral to specialty care, PCPs are tasked with managing these illnesses. Both in our experience working in a consultation center and based on the literature, PCPs face many barriers to doing so, including limitations in knowledge about and comfort in prescribing psychiatric medications.

Fewer than half of young people in the United States are having discussions of sensitive topics with their regular healthcare providers despite AAP guidelines and recommendations. A majority of pediatricians have reported that they are not comfortable or feel unprepared to discuss sensitive topics or provide treatment related to them. Confidentiality and private time are important to AYA (adolescent and young adults); however, many are not experiencing these components of care. Providing private time and discussions of confidentiality can improve the delivery of health care for young people by enhancing positive youth attitudes about preventive care.

Objectives: At the conclusion of the session, the participants should be able to:

- Practice basic screening procedures for sensitive topics such as alcohol/drug use, intimate partner violence, suicidal ideation/mental health concerns and sexual behaviors.
- Identify factors that affect the reliability and validity of patient self-report when asked about sensitive topics
- Identify and practice specific communication techniques that increase the reliability and validity of patient self-report.
- Identify basic interventions for youth's health-related social problems.
- Describe the importance of confidentiality when working with adolescents and young adult patients

Target Audience: Pediatricians and primary care providers (family practitioners, NPs, PAs) who treat children and adolescents in the outpatient setting.

Educational Methods: Lecture

Activity Evaluation: Participants may be asked to complete a session evaluation.

Accreditation/Credit Designation: Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.